J. B. Drinkard named to Lynchburg hospital board

Lynchburg General-Marshall Lodge Hospitals has announced the appointment of three members to its board of directors. C. Warren Stephenson, J. B. Drinkard and Francis B. Teague, MD will begin their terms of office Jan. 1, 1984.

Stephenson, plant manager of the Hospital Products Division of Abbott Laboratories, lives and works in Altavista. A 1958 graduate of North Carolina State University, he is vice-chairman of the Campbell County School Board, a past president of Central Virginia Industries and on the Board of Directors for the Altavista Sheltered Workshop, the Virginia Manufacturers' Association and Central Fidelity Bank in Altavista. He is active in the ane Memorial Methodist Church.

Drinkard is a partner in the accounting firm of Brockman, Drinkard, Pennington and Burch and graduated from Virginia Tech in 1958. His community involvement includes membership on the Appomattox County School Board, the Board of Directors of the Farmers National Bank in Appomattox and Central Virginia Community College. He is treasurer of New Hope Baptist Church in Vera.

Dr. Teague, a native of Martinsville, is a surgeon specializing in thoracic, cardiovascular and general surgery.

ARMSTRONG FURNITURE Industries presented a donation in the amount of $500 for the Rev. R.Q. Lawing, Sr. Memorial Scholarship Fund last week. Mr. Thomas Chilton, Sr., president of the Appomattox Assembly, accepted the check on behalf of the fund which will finance four-year scholarships for college students. Susan Bailey, employee relations manager, presented the check on behalf of Armstrong Furniture and its employees. [Photo by Frances Abbitt]

AT CHRISTMAS

Joy to the World... Let every heart rejoice . . . for Christ is born in Bethlehem and the glory of His message shines forever, shines anew. Even as shepherds and wise men came to worship and be glad, so may each of us return in spirit to the sacred manger, there to find the peace and promise, the hope and happiness of the first Christmas. May the miracle of His birth and the wonder of His presence ever be our blessing and inspiration. And may this Christmas truly be, for you and yours, a season rich in joy and deep contentment.

"To our Many Valued Friends. We Extend a Heartfelt "Thank You."

The Employees Of

Wilbun's
SUPERMARKET

MERRY CHRISTMAS TO ALL!
From
Gilbert and Irene Mays
YOUR REPRESENTATIVE OF
Gem of A Deal Bee Supplies

Greetings to All

Hoping all the bright days of your Christmas will glow with delight. Thanks.

LEE GRANT APARTMENTS
Vicki Jamerson and Wilson Almond

What better time to say, "we wish you a holiday that's happy in every way...with special thanks to you!"

Wilkes' Jewelers
Johnny & Mable Simpson
Wayne & Peggy Simpson
Mike and Kitty Farris and families

Here's hoping your holiday is the coziest and happiest one yet! Thanks to all!

SCHEWELS
352-2331
TRIANGLE PLAZA SHOPPING CENTER
LOWER LEVEL

Good News for Homemakers

Keep that turkey frozen

By SHIRLEY W. WALTON
Extension Agent

Poultry should be kept frozen until ready to thaw and cook. Leave poultry in its water-tight plastic wrapper or bag. Thaw just until the neck and giblets can be removed from inside or the legs move easily. A chicken or turkey can thaw in one of these places:

1. **In REFRIGERATOR** - Leave chicken or turkey in original plastic wrapper. Put on a tray or flat pan in refrigerator to keep the poultry from leaking into the refrigerator as it thaws. A small chicken takes about 12 hours to thaw: A large one about 1½ days. A turkey less than 18 pounds takes one to two days to thaw and one over 18 pounds takes two to three days.

2. **In COLD WATER** - Put poultry in water-tight plastic bag in large pan of water. Change water often for quicker thawing. A chicken may take only one hour. A large turkey will take 6 to 8 hours.

3. **In a DOUBLE PAPER BAG IN A COOL PLACE** - Leave chicken or turkey in original plastic wrapper. Put in a double paper bag and close tightly. Set on a tray or pan to catch drippings.

Thawing takes about one hour per pound of chicken or turkey.

Fryer chickens, as well as roasting chickens, are excellent. Young turkeys are best for roasting. Wash poultry and drain well. Sprinkle inside of the poultry cavity with salt and pepper if desired. Fold neck skin over and fasten to back. This may be done with a round toothpick. Put chicken or turkey breast - side up in a baking pan large enough to catch drippings. Rub the skin with fat or oil.

Roast until legs can move up and down easily and thigh meat feels soft. The time to roast is given in a table which follows. To keep poultry from over-browning, cover brown places with a thin, clean cloth, moistened with fat or cover loosely with aluminum foil.

To cook giblets, wrap tightly in foil and roast in the pan beside the chicken or turkey or cover giblets with water and cook slowly in a covered pan until tender. Many people like te cook in water so they will have the broth to use in the dressing.

Roasting Timetable For Chicken & Turkey

CHICKEN

1½ to 2½ lbs - 1 to 2 hours at 325°F.
2½ to 4½ lbs. - 2 to 3½ hours at 325° F.

TURKEY

6 to 8 lbs. - 3 to 3½ hours at 325°F.
8 to 12 lbs. - 3½ to 4½ hours at 325°F.
12 to 16 lbs. - 4½ to 5½ hours at 325°F.
16 to 20 lbs. - 5½ to 6½ hours at 325°F.
20 to 24 lbs. - 6½ to 7 hours at 325°F.

Best wishes to you as you prepare safely your poultry products for the Christmas holidays. Remember, when handling any food for Christmas or any other time to keep hot foods hot and cold foods cold when serving.

On behalf of the Appomattox County Extension Staff, I wish to express my best wishes for a good holiday season. If you have a homemaking question or problem, you may call at 352-8244 or write us at P.O. Box 488, Appomattox, VA 24522.

Have a good week! MERRY CHRISTMAS!

RECIPE OF THE WEEK
Fruit Melange

1 jar (10 oz.) orange marmalade
½ cup water
1 cup pitted prunes
1 jar (6 oz.) maraschino cherries, drained
½ cup flaked coconut
1 can (20 oz.) pineapple chunks, drained
1 can (16 oz.) apricot halves, drained

1. Combine all ingredients in 2 quart glass casserole.

2. Microwave for 8 to 9 minutes, on REHEAT, or until heated through (about 130°F.)
or

3. Heat this in a saucepan on top of the range until heated through, tossing fruit gently.

McIvor finishes basic training

Pvt. Hubert R. McIvor, Jr., son of Frances A. and Hubert R. McIvor of Rural Route 1, Appomattox, Va., has completed basic training at Fort Knox, Ky.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid, and Army history and traditions.

He is a 1983 graduate of Appomattox County High School.

Be sure dairy products have been pasteurized

"If you value your health, and that of your family, don't consume unpasteurized dairy products."

That advice is offered by Dr. James B. Kenley, Virignia's commissioner of health. Dr. Kenley cited a recent incident in Houston, Texas, where 12 people were stricken with brucellosis. Their ages ranged from two to 26. All of the victims had one thing in common; they had eaten cheese made from unpasteurized goat's milk. In California, in two separate incidents, a child and a 39 year old woman acquired toxoplasmosis after drinking raw goat's milk.

Goat's milk contains a different protein and butter fat composition, which is more easily digested by some than cow's milk. This nutritional benefit is present whether or not the goat's milk is pasteurized. Therefore there is no reason to take the risk associated with the consumption of unpasteurized goat's milk.

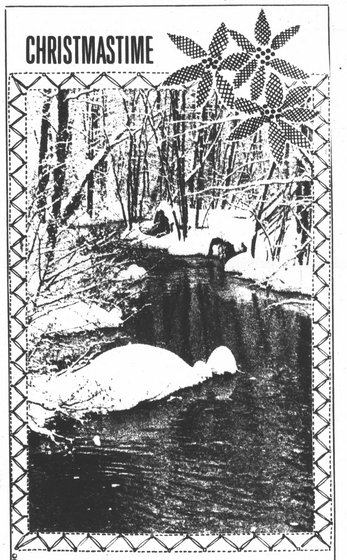
Dr. Kenley reminds consumers that "raw milk or raw milk products are potential conveyors of staphylocous toxin, salmonella, campylobacter and other disease producing organisms." He added, "that's why the selling of raw milk or raw milk products to consumers direct from the farm is prohibited by law." He concluded, "consumers of goat's milk should protect their health, and that of their children by buying only milk, and its products, that have been produced by licensed goat dairies selling pasteurized products."

More information is available from the Milk Sanitation Program of the Virginia Department of Health at (804) 786-3525.

A toast to you...our loyal patrons...for bringing us another successful year! We're looking forward to serving you now and in the future!

Jeanne's Restaurant
MAIN ST. — APPOMATTOX, VA

CHRISTMASTIME



In the tradition of the holiday season, may you each enjoy the warmth and wonder that makes "Christmas so special. And to all our friends and loyal customers goes our sincere "thank you."

AMERICAN FEDERAL

ONLY **FIVE** DAYS LEFT TO **QUALIFY** FOR FUNNY CAR GO-CAR AND FAMILY VACATIONS AT MYRTLE BEACH.

"FANTASTIC SELECTION" OF NEW 1984 CARS & TRUCKS!

HERE'S HOW

Come in and purchase or order any new 1983 or 1984 car or truck between now and December 24 and get your name in the drawing.

The grand prize is a Funny Car Go-Cart, and 2nd, 3rd, and 4th place winners will receive a family vacation at beautiful Myrtle Beach.
DRAWING WILL BE HELD DECEMBER 24.

3 DAYS FOR 2 AT MYRTLE BEACH

1. This vacation offer provides first class accomodations for two adults and two children for three days and two nights lodging in Myrtle Beach, plus the free use of the resort's facilities that are provided to all of their guests.
2. Discount Coupons for entertainment, attractions & restaurants.
3. Kodak film package.

Myrtle Beach has it all with its wide beaches, golf courses, tennis clubs, marinas, Restaurant Row, night clubs, shopping and amusements. A pleasant drive away are Wilmington, Murrells Inlet, Georgetown and Charleston.

GRAND PRIZE
SEE ONE OF US TODAY!

LAWSON FORD, Inc.
Route 460 West - Appomattox
Dealer License No. 2
PHONE 352-8221